



CHLOË BOWLER  
complete wellbeing

## AVOCADO CHOCOLATE MOUSSE



### Ingredients (Makes 4):

V, GF, DF

- 50g Cacao or Cocoa Powder
- 60ml Water
- 3 Avocados (Ripe)
- 100ml Maple Syrup
- 1 Vanilla Pod of Seeds

### Method:

1. Scrape out the avocado flesh and the seeds from the vanilla pod.
2. Add all the ingredients together into a food processor and mix until smooth and creamy.
3. Set in the fridge for later and then serve.
4. Delicious on its own or with fresh fruit or crème fraiche.

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